



Aktion Gesunder Rücken e. V.

## Exercises for strengthening the muscles

# Exercises with the Dynair Ballkissen Senso

AGR  
Aktion Gesunder Rücken e.V.



### Exercise 1:

**Strengthens all the muscles in your back, buttocks and at the back of your thighs**

Go onto all-fours and put the ball cushion under one knee in the middle. Now raise the other leg and stretch it out to the back. Hold your pelvis and back straight, pulling your tummy button in firmly. Bounce your stretched leg 15 times gently up and down to the ceiling. Repeat 3 times for each side.



### Exercise 2:

**Strengthens the back muscles**

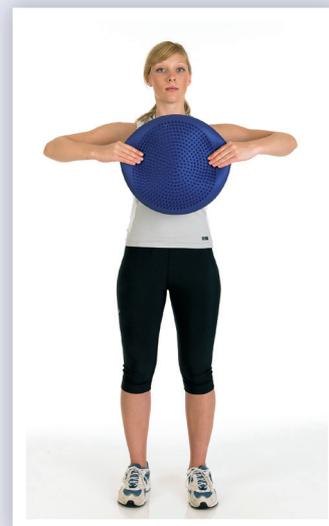
Sit up straight on the ball cushion. Your body centre is slightly behind the middle of the ball cushion. Now raise both feet from the floor and balance your body. Hold this position briefly for about 10-15 seconds, then repeat about 15 times.



### Exercise 3:

**Strengthens the oblique torso muscles**

Sit in the middle of the ball cushion with your knees bent and your heels on the floor. Hold your back straight and activate your abdomen muscles. Hold an object between your hands at breastbone height and turn to the right and left, moving from the centre of your body. Keep your shoulders low, let your head follow the movement. Repeat about 15 times each side. Do the exercise 3 times.



### Exercise 4:

**Strengthens the upper back muscles**

Stand upright and hold the ball cushion in your hands at breastbone height. Make sure that your elbows point to the side in a line with your shoulders and that your shoulders are not raised. Now try to pull the ball cushion apart. This brings your shoulder blades closer to your spinal column. Repeat about 15 times. Lower and loosen your arms, then repeat 3 times.